

HH&H HOURS

Mon & Wed 10-2:45 Tues, Thurs & Fri 11-1:45

PHONE: (208) 934-5101

Emergency: (208) 539-4800

www.hhandh.org

ALSO AVAILABLE IN THE COMMUNITY

South Central Community Action

1120 Montana Street
(the old hospital)

934-5150

Monday & Thursday 10-4 closed 12-1
Tuesday & Wednesday 1-4

Gooding Soup Kitchen

Tuesday evening at 5:30pm

St Elizabeth's Catholic Church Hall
downstairs

1515 California Street

Wendell Community Dinner

Wednesdays 4-6:30p.m.

St Anthony's Catholic Church Hall
585 2nd Avenue E.

Idaho Food Bank Drop

Third Thursday every month at the

Wendell Fire Station
12:00 noon until 2:00pm

Helping Hearts & Hands/ Hagerman

Tues./Thurs. 10a.m. - 2p.m.
130 North State Street
Hagerman, ID 83332
(208)539-0355

Helping Hearts & Hands
P.O. Box 201
237 Main Street
Gooding, Idaho 83330

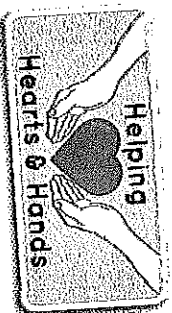
Helping Hearts & Hands

Community Food Bank & Resource Center

237 Main Street, Gooding ID



With Christ's Love and without
judgment we empower people
toward self reliance.



SERVICES PROVIDED

Food Bank

Monthly food boxes provide one week of food to anyone in need, based on number of people in the home.

Domestic Violence

Helping those in danger to a safe place.

Infant Assistance

Formula, diapers, clothing, and other necessities.

Counseling

Individual or Group
Individual by appointment, cost varies.

Coats

Children and adult sizes available

Information on local churches available. Free Bibles

Our affiliated office in Hagerman provides monthly food boxes. In addition, Love and Logic Parenting classes are now being offered, as well as weekly meetings providing hope and help for those struggling with addictions or those with family members with addictions. For more information call Kim White @ (208)539-0355.

FOOD FOR KIDS

The food for Kid's program serves children with food bags containing meals and snacks for the weekend.

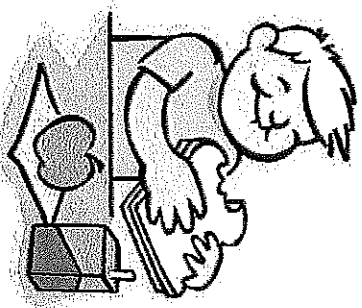
This program is in need of your help with donations so that we can continue to help these needy children.

Donations of cash allow us to buy these products at their best prices. It also allows us to pack nutritious meals & snacks.

We are able to feed one child for 3 days for under \$4.00, \$20/month.

Items needed are:

Ramen Noodles,
Breakfast Bars,
Cereal, Apples,
Chicken Noodle
Soup with pop top,
Tortillas, Macaroni
and Cheese.



Individual size servings of:
applesauce, pudding, trail mix,
oatmeal, and snacks

DONATIONS

**Items we are always
in need of:**

Food Tuna - Peanut Butter
Canned Fruit & Vegetables
Spaghetti Sauce, Soup
Macaroni & Cheese
Cereal (hot & cold)
Pancake Mix, Tomato sauce
Dry sauce mix - Fresh fruits &
vegetables and anything you
might enjoy eating.

Personal care Items i.e.

toothpaste, toothbrushes,
floss soap, shampoo,
deodorant, lotions, hair care

Baby Items i. e. Diapers all
sizes, especially 4 & 5, wipes,
formula.

Clothes soap - dish soap

**MONETARY DONATIONS ARE
ALWAYS HELPFUL IN
PROVIDING THESE SERVICES.
THANK YOU FOR YOUR HELP!**

**If you would like to help in any of
the areas please come in and see us.
Volunteers are always needed.**